

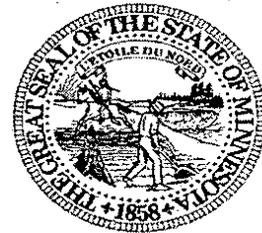


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Office of the Minnesota Secretary of State

Minnesota Public Benefit Corporation / Annual Benefit Report

Minnesota Statutes, Chapter 304A



Read the instructions before completing this form

Must be filed by March 31

Filing Fee: \$55 for expedited service in-person and online filings, \$35 if submitted by mail

The Annual Benefit Report covers the 12 month period ending on December 31 of the previous year.

Notice: Failure to file this form by March 31 of this year will result in the revocation of the corporation's public benefit status without further notice from the Secretary of State, pursuant to Minnesota Statutes, Section 304A.301

1. Corporate Name: (Required)

SEVEN REALMS GBC

2. The public benefit corporation's board of directors has reviewed and approved this report.

3. In the field below, enter the information required by section 304A. 201 subd. 2 or 3 for the period covered by this report, (see instructions for further information): Note: Use additional sheets if needed. (Required)

THE CORPORATION HAS DEVELOPED ON-LINE TRAINING PROGRAMS FOR THE PUBLIC BENEFIT TO HELP THEM PREVENT CHRONIC PAIN + IMPROVE HEALTH + WELL-BEING. THE COGNITIVE-BEHAVIOUR TRAINING PROGRAMS ARE FOR EMPLOYERS, HEALTH PROFESSIONALS + INDIVIDUALS. THIS PART OF NATIONAL INSTITUTE OF HEADN BIZANS.

4. I, the undersigned, certify that I am the chief executive officer of this public benefit corporation. I further certify that I have signed this document no more than 30 days before the document is delivered to the secretary of state for filing, and that this document is current when signed. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

Signature of Public Benefit Corporation's Chief Executive Officer

3/2/2016

Date (Must be dated within 30 days before the report is delivered to the Secretary of State for Filing)

Email Address for Official Notices

Enter an email address to which the Secretary of State can forward official notices required by law and other notices:

FRICF@I@ME.COM

Check here to have your email address excluded from requests for bulk data, to the extent allowed by Minnesota law.

List a name and daytime phone number of a person who can be contacted about this form:

JAMES FRICTION

612-619-1679

Contact Name

Phone Number

Entities that own, lease, or have any financial interest in agricultural land or land capable of being farmed must register with the MN Dept. of Agriculture's Corporate Farm Program.

Does this entity own, lease, or have any financial interest in agricultural land or land capable of being farmed?

Yes No

Print

Reset

Supplemental Report for Seven Realms PBC

For a general benefit corporation, the annual benefit report must:

1. The board of directors (which is James Friction) has approved this report;

2. With regard to the period covered by the report:

(A) the corporation has pursued public benefit by developing on-line training programs to train people how to prevent chronic pain. The training will help create a positive impact on people of a society and the environment, taken as a whole, assessed against a third party standard

(B) the extent to which and the ways in which the corporation has created public benefit.

Since we are in development, we have not helped the public yet but will through the on-line training. I am trying to raise funds for this effort now.

(C) any circumstances that hindered efforts to pursue or create general public benefit.

We are currently in development and thus, have not had any income yet to complete development.

(3) if the report is the first delivered for filing by the general benefit corporation, explain how and why the board chose the third-party standard identified under clause (2), item (i).

We will use a transparent report that will be made publicly available including the criteria we are using to measure the overall social performance of the business. We will measure the impact of the training by determining participant satisfaction. To date, the training as administered at the University of Minnesota has shown that 93% of participant believed that it changed their life. See additional report.

(4) if the third-party standard identified under clause (2), item (i), is the same third-party standard identified in the immediately prior report:

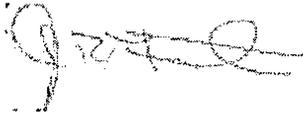
(i) state whether the third-party standard is being applied in a manner consistent with the third-party standard's application in the prior reports; and

(ii) if the third-party standard is not being so applied in a consistent manner, explain why;

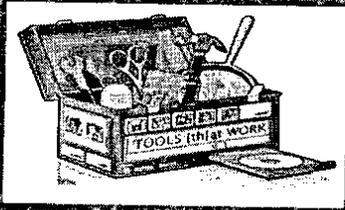
(5) if the third-party standard identified under clause (2), item (i), is not the same as the third-party standard identified in the immediately prior report, explain how and why the board chose a different third-party standard; and

(6) if the general benefit corporation has also stated a specific public benefit purpose in its articles, the information required in subdivision 2, clause (1).

Signed,
James Friction
President



Health Professional Toolkits for Chronic Pain



**Preventing
Chronic Pain** 
.....
*It's Real. It's Preventable.
Learn how.*

**Transformative care
Training * Treatment * Team**

93% of people believed the training changed their life. **On-line training toolkits** for patients are available at www.preventingchronicpain.org.

Solving the Chronic Pain Problem

Chronic pain conditions are the #1 reason for seeking care, #1 cause of disability and addiction, and #1 driver of health care costs, costing more than cancer, heart disease, and diabetes (Institute of Medicine, 2011). The personal impact in terms of suffering, dysfunction, disability, depression, addiction, loss of work; conflict and other consequences is incalculable. This can change by transforming health care to include patient training with treatment— the basis of transformative care model.

Educational Role of Health Professionals

The Institute of Medicine (2011) stated in their report on chronic pain that a health professional's primary role for chronic pain should be guiding, coaching, and assisting patients with day-to-day self-management of chronic pain. Unfortunately, this rarely gets done and most people with pain after 30 days still have persistent pain five years later despite extensive treatments. Billions of dollars are spent on advances in treatments for chronic pain, yet often fail to deliver long-term successful relief due to the lack of engaging, empowering, and educating patients in reducing risk factors and enhancing our protective factors in preventing chronic pain.

Enhancing Patient Outcomes

Recent research has found that chronic pain involves a complex relationship between the physical condition, risk factors that increase pain, and protective factors that decrease pain. By engaging, empowering, and educating patients in addressing these factors through self-management training, most pain conditions can be either be prevented or dramatically improved. Health Professionals can help patients learn how prevent and self-manage pain condition before the pain becomes chronic or intractable.

Toolkits for Transformative Care

Transformative care implements on-line patient training with evidence-based treatment to achieve the Institute for Healthcare Improvement's Triple Aim by improving the patient's experience of care, enhancing the health of the patient, and reducing the cost of health care.

Each Toolkit contains;

- *Risk and Protective Factor Assessment*
- *Personalized self-management patient training*
- *Comparative dashboards to track patient outcomes*
- *Health coaching to support patient's goals*
- *Certification Seminar in Transformative Care*
- *Preventing chronic pain manual, handouts, and tools*

Personalized On-line Training

To improve care and outcomes of care for chronic pain, health professionals need to take responsibility to help each patient learn how to prevent chronic pain with these powerful toolkits and health coaching. Within each training program, the participants will;

- *Review the most common chronic pain conditions*
- *Learn human systems approach to our whole life.*
- *Identify risk factors and protective factors.*
- *Review personalized strategies that teach how to reduce risk factors and enhance protective factors*
- *Transform patient lives to one of health and wellness.*

Dashboard for Tracking Progress

A dashboard is included to measure and document patient engagement and outcomes including;

- *Tracking patient engagement and compliance*
- *Tracks pain, functioning, and health care use*
- *Determines comparative outcomes and adverse events*
- *Improving effective communication with patients*

"There is so much life-changing, life-affirming information available to anyone is rare and amazing!"

Email: preventingchronicpain@gmail.com
Facebook at www.facebook.com/preventingchronicpain

IMS International
Myopain
Society

VIEWPOINT

The Need for Preventing Chronic Pain: The "Big Elephant in the Room" of Healthcare

最佳预防慢性疼痛：“大象在房间”医疗保健

La necesidad de Prevención del dolor crónico: El "Big elefante en la habitación" de Salud

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Chronic pain,
prevention, depression,
addiction,
healthcare costs

INTRODUCTION

Chronic pain conditions are the number one reason patients seek care, number one cause of disability and addiction, and number one driver of healthcare costs, costing more than cancer, heart disease, and diabetes.¹⁻² It is the "big elephant in the room" of healthcare and costs the United States alone over \$650 billion in healthcare and lost work.¹⁻² This is equivalent to 25% of total healthcare costs and nearly 5% of the total gross national product of the United States. The personal impact in terms of suffering, loss of function, disability, depression, addiction, and other consequences is incalculable.¹⁻³ Chronic pain is the most common cause of disability and opioid dependency, leading to more deaths than motor vehicle accidents.^{4,5} If we want to reform healthcare, we must focus on preventing chronic pain.

POOR LONG-TERM TREATMENT SUCCESS IS THE CULPRIT

Chronic pain in the back, neck, head, face, and other areas are caused by conditions such as myofascial pain, arthritis, fibromyalgia, migraine, disk disorders, neuropathic pain, and other peripheral and centrally generated pains. These conditions may begin with an injury or strain but can persist due to the presence of risk factors such as repetitive strain, depression, poor sleep, stress, maladaptive postures, depression, catastrophizing, and others that can delay recovery, increase peripheral and central sensitization, and ultimately cause the persistence of chronic pain.⁶⁻¹² The majority of those with pain of more than 1 month in duration still have pain years later despite the use of pharmaceuticals, devices, surgeries, and other innovative treatments for chronic pain.^{1,6,7} While major efforts are underway to prevent most other major health conditions, preventing chronic pain remains an enigma, overlooked by the public, neglected by the healthcare system, and generally ignored by the scientific community.

IT'S TIME TO FOCUS ON PREVENTING CHRONIC PAIN

We spend billions of dollars on advances in pharmaceuticals, devices, surgeries, and other innovative treatments for chronic pain yet fail to deliver successful long-term relief of pain primarily due to the lack of engaging, empowering, and educating patients in self-management strategies to reduce these risk factors, enhance our protective factors, and prevent chronic pain. The Institute of Medicine (IOM) states that clinicians' primary role in caring for chronic pain requires guiding, coaching, and assisting patients with day-to-day self-management in addition to evidence-based medical treatments.¹ However, most health professionals lack the time and training to perform this role and find little support and reimbursement for doing so. As the IOM simply states, "We need a revolution in healthcare to replace our current passive model of doctor-centered care with patient-centered care."¹ This model is called transformative care and is designed to integrate robust self-management training with the best and safest evidence-based pain treatments. Clinical trials have found that patients who are also engaged in self-care with the support of a health coach have significantly more successful outcomes than they do with passive biomedical treatments alone.¹³⁻¹⁵ We need both to enhance success of preventing and alleviating chronic pain and reducing patients' dependency on the healthcare system.

TRANSFORMATIVE CARE

This care model brings together targeted evidence-based treatments with self-management training to reduce risk factors, enhance protective factors in the seven realms of a person's life including the body, lifestyle, spirit, mind, emotions, and social and physical environments. Transformative care integrates healthcare professionals, health coaches, and the social support network to work together to support the health of the patient. A shift in our understanding of the balance between health and illness is required to improve the potential for successful long-term care. Innovative concepts such as a human systems, neuroplasticity, positive psychology, cybernetics, chaos theory, and cognitive-behavioral change have practical implications.¹⁶⁻¹⁹ New strategies to implement this care model including whole patient problem lists, identifying risk and protective factors, integrative team care, patient-centered care para-

digms, and use of health information technology will facilitate this transition. Embracing patient-centered healthcare paradigms such as self-responsibility, education, personal motivation, social support, strong provider-patient relationships, and long-term change will shift the balance of care from one of a passive dependent patient to an empowered, engaged, and well-trained patient who will not only prevent his or her chronic pain and disability but also enhance health and wellness. Ultimately, this will improve the quality of care, pain, and functional outcomes and significantly reduce healthcare costs.

CAMPAIGN FOR PREVENTING CHRONIC PAIN

To facilitate this change in healthcare, several organizations have initiated the People's Campaign for Preventing Chronic Pain.²⁰ The goal of the campaign is to ultimately transform the healthcare system to help every person who has or will have a pain condition by accomplishing three objectives:

1. Expand research on the causes and mechanisms of chronic pain. The campaign will develop the Chronic Pain Research Network (CPR-Net). The goal of this practice-based research network is to develop and test new online patient training tools, better and safer pharmaceuticals, and innovative patient-centered treatment strategies to improve prevention and alleviation of chronic pain. The CPR-Net can include any health professional who cares for patients with pain and is willing to participate in clinical research and be linked to other health professionals, patients, and investigators through a sophisticated integrated health information network technology.
2. Expand education on preventing chronic pain. We need to train health professionals, health coaches, and patients on how to implement transformative care in both primary and specialty care. In this regard, a massive open online course entitled "Preventing Chronic Pain: A Human Systems Approach," is offered by the University of Minnesota at www.Coursera.org.²¹ This free course provides 20 hours of online educational modules that blend creative, experiential, and evidence-based teaching strategies to help participants understand chronic pain and how a human-systems approach and transformative care can be applied to improve self-management strategies. The first release of the course was successful with 23 650 registrants. Of the participants who completed the initial course evaluation, 93% believed the course made a difference in their lives, and 85% of healthcare providers believe that it made a difference in their care of patients. As one healthcare professional stated, "Absolutely fascinating and enlightening. This information should be part of every healthcare educational program!"
3. Finally, advocacy is needed to help the general public, health professionals, health plans, and businesses promote preventing chronic pain and understand

how this will improve all aspects of our lives, including health and wellness, relationships, productivity of businesses, quality and satisfaction with healthcare, and lower healthcare costs. Three strategies include advocating for public policies and supportive home and work environments; ensuring that corporations, health plans, and governments promote chronic pain prevention; and enabling communities and individuals to focus efforts on these self-care educational programs.

By accomplishing these objectives, the Institute for Health Care Improvement's triple aim of improving the patient's experience of care, enhancing the health of the patient, and reducing the cost of healthcare will be achieved.²² Furthermore, the big "elephant in the room" of healthcare will finally begin to be addressed and take us a long way on the path of reforming healthcare. Why not support this effort?

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Secretary of State